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TIDBITS® WANTS TO TURN UP THE HEAT!

by Patricia L. Cook

"Cold" is the word for the weather in most locations of North America during January. Let's turn up the heat in this issue of Tidbits using water, gas, logs, electricity and more.

- Since the beginning of time, there has been a need to heat homes, buildings and more. The earliest type of indoor heating was an open fire. Fireplaces and wood stoves of many varieties were used worldwide. Still used in many modern and beautiful homes, fireplaces and stoves in developed countries now can be quite efficient and old fashion statements as well. In contrast, in many third-world countries, an open fire burning in the middle of a room is used to provide heat, leading to smoke, ash and other problems inside.
- Scientists and inventors all over the world have experimented with how to heat the indoors for many years. Different types of systems were developed with differing degrees of success.
- Starting before 100 AD, in the northern Roman Empire, a type of central heating known as hypocaust was used to conduct air heated by wood furnaces through empty spaces under floors and out of pipes in walls. Hypocaust literally means "fire beneath." The systems were mainly used for private homes and public baths.

turn the page for more!

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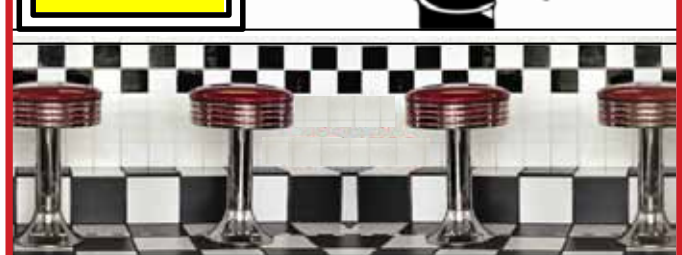
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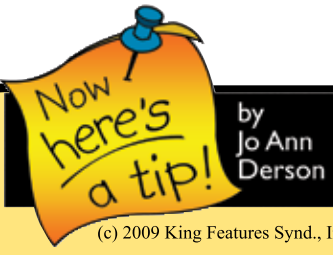
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1. ENTERTAINERS: Which actor's birth name was Ramon Estevez?
2. MUSIC: What was the name of Smokey Robinson's group?
3. INVENTIONS: Who is credited with inventing bifocal lenses?
4. PSYCHOLOGY: What irrational fear is manifested in peniaphobia?
5. LITERATURE: In which of Shakespeare's plays does the character Shylock appear?
6. GENERAL KNOWLEDGE: During which war did Harry Truman fire Gen. Douglas MacArthur?
7. HISTORY: When did Australia become a commonwealth nation, largely gaining independence from Britain?
8. ANATOMY: About how long are the intestines in an adult male?
9. FAMOUS QUOTES: What American psychologist/philosopher once said: "Act as if what you do makes a difference. It does."?
10. MEASUREMENTS: Which month is named for the Roman festival of ritual purification?



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- There's a reason most refrigerators have more than one crisper drawer. Some items need to be stored separately. For example, keep apples and carrots in different compartments. The apples give off a gas that can give the carrots a bitter taste.
- Here's a great tip from the American Society for the Prevention of Cruelty to Animals: During the winter, outdoor cats sometimes sleep under the hoods of cars. They can be hurt or even killed by the starting of the motor. Before you start your car in the morning (or any time of day, really) give your hood a nice, loud rap to give the cat a chance to escape.
- "To keep melting snow, mud and leaves out of your house and off of your floors, line a wide, shallow box bottom with plastic wrap or a kitchen-size garbage bag. Place the lined box near the front door to hold dirty shoes." -- R.I. in Ohio
- Apply lemon juice to the cut surface of an apple to prevent browning.
- "Mix some salt with a little bit of water and rub the mixture over your hands for a few minutes to get rid of the smell of garlic or onions from cooking. Rinse under cold water." -- J.J. in Nevada
- "I usually keep a small blanket in the car for spontaneous picnics with the kids in the spring and summer. Last week, when my son and I got into the car to run errands in the morning, the car was really cold, which is kind of unusual for where we live. So, I grabbed the blanket and my son snuggled in it until the heater was able to warm the car. I am glad I had it in the car already." -- R.T. in Florida

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

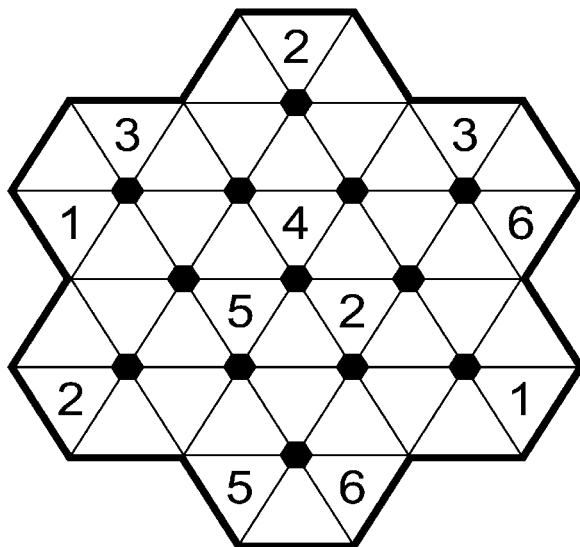
TURN UP THE HEAT! (continued)

- The Royal Monastery of Our Lady of the Wheel, founded in 1202 on the Ebro River in Spain, contains an excellent example of a type of central heating. The Cistercian monks used river diversions combined with indoor wood-fired furnaces to heat the large building.
- Fast-forward a bit in history, and Benjamin Franklin, a famous American of many talents, invented the Franklin Stove in the 1740s. His stoves heated double the space using less wood than fireplaces and were equipped to take in fresh air and minimize smoke. Another inventor, David Rittenhouse, improved Franklin's design with an L-shaped exhaust pipe. The stoves became popular all over America and Europe.
- The Franklin stove and other wood stoves helped heat homes more efficiently since the stoves generated heat all around their iron bodies. They typically used one quarter as much wood for twice as much heat. They did present a safety challenge though; touching the stoves had disastrous effects. Today, many efficient wood stoves are being sold with modern safety features.
- Also developed in the 1700s was the first hydrological system; as the word implies, it used water. The system was installed in Peter the Great's Summer Palace in St. Petersburg, Russia. It was the real forerunner of central heating, and soon the French, Swiss and British followed with their own water-based systems in the early 1800s.
- An interesting early steam-heating system was developed by Angier March Perkins in England in 1830. The first of his systems to be installed was in the home of Governor of the Bank of England, John Horley Palmer. The reason Palmer wanted the system? So he could grow grapes in England's cold climate!
- When a Russian businessman of Polish descent, Franz San Galli, invented the traditional cast-iron radiator in about 1855, water-based heat really became popular. This invention contributed significantly to our modern heating systems.
- The radiator system relied on a boiler located in the basement to heat water, and pipes carried the hot water to the remainder of the building. Many older homes still use these types of heating systems.
- With the discovery of electricity and the study of how to harness and use it, inventors started using their imaginations and brainpower to invent many appliances to improve living conditions. One of these important inventions was the electric heater, invented by Alexander Graham Bell.
- Early electric heaters consisted of small metal boxes holding electric light bulbs. The boxes produced a comforting glow, and as the heat transferred from the bulb to the metal, they got warmer and warmed the surrounding air.

continued on next page

SNOWFLAKES by Japheth Light

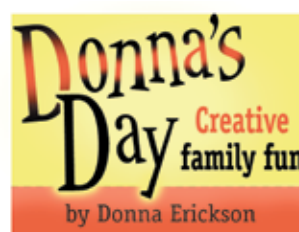
There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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Make a Family of Readers in 2012

When I go to a friend's house, I'm always scouting out the bookshelves or poking through piles of reading material on the coffee table or kitchen counter. It's not that I'm that nosy, but I've discovered that I get to know my friends a little better when I see what they enjoy reading. What makes for a good book, newspaper or magazine, anyway? Each can be the promise of adventure, another point of view, a giggle, an alternative way of thinking. I especially love books that grab both myself and the child I'm reading with. If you popped by my house right now, you would find the striking, newly released "Puff, the Magic Dragon Pop-Up Book" (Sterling Children's Books) on my end table. Paper engineer Bruce Foster animates the timeless lyrics page by page with amazing creativity. And when I joyfully share it with a child, I play the accompanying CD sung by Peter Yarrow of the familiar song I've known since childhood as we turn the pages and travel with Jackie Paper and Puff to the land of Honalee. Surely reading good books can enrich us all, no matter our age. But the extra benefits to kids go beyond the printed page. Watch children with a new book as they turn pages with anticipation and scan for things that surprise and intrigue them. Diane Lemke, an elementary principal and curriculum director, believes that reading is the river that runs throughout education and, ultimately, life. "The innately tactile nature of children is rewarded by practice interacting with covers and pages, eye-catching colors, pictures and letters in all shapes and sizes," she says. "Books are like packages with interesting contents of patterns and sounds. When positive adult touch is paired with book time, a message is translated about the specialness of written words." As you turn the calendar to 2012, and you feel from time to time you aren't offering your children or grandkids enough food for thought or possibilities for learning, crack open a book together. Discover how books can unlock a world of thinking and learning in an enriched year of family reading and storytelling.



If it is too cold inside the house: 1) Teenagers don't worry about acne. They worry about goose bumps! 2) Words freeze in the air. To hear a complete sentence you grab the words and take them closer to the fireplace! 4) The baby's rubber ducky refuses to get in the tub.

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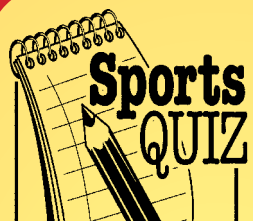
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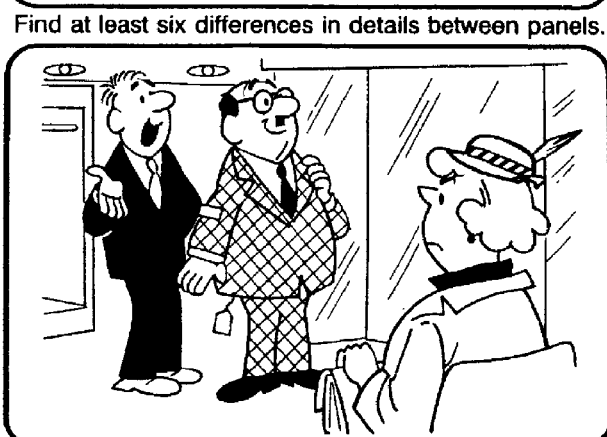
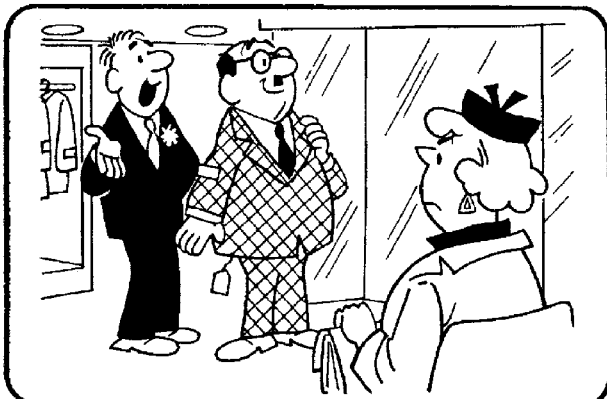


- 1 Who is the San Diego Padres' all-time leader in career home runs?
- 2 How many times has a Texas Ranger been named the A.L. Most Valuable Player?
- 3 When was the last time before the 2010 season that Green Bay and Chicago faced off in an NFL playoff game?
- 4 How many NCAA men's basketball championships have the UConn Huskies won?
- 5 Name the first Eastern bloc player to skate in the NHL.
- 6 Which was the last team before the L.A. Galaxy in 2011 to win the MLS Cup after being the No. 1 seed entering the playoffs?
- 7 In 2011, thoroughbred Rapid Redux won his 20th consecutive race, topping the North American record held by two horses. Name either horse.

By Chris Richcreek

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Hat is different. 2. Boutonniere is missing. 3. Earring is different. 4. Shoes are black. 5. Ceiling lights are different. 6. Clothes are missing from rack.

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TURN UP THE HEAT! (continued)

- These early heaters worked, but, of course, many inventors have improved on the heaters for generations. In 1905, engineer Albert Marsh discovered a metal alloy called chromel that proved to be a great material for making heating elements inside heaters. He became known as the father of the electrical heating industry.
- Through the years, space heaters, as the small machines were called, made their way into homes. They worked great to heat the "space" where the family gathered. Fireplaces and wood stoves as well as furnaces with systems that pushed warm air from the basement were still employed as well. In colder climates, many wood furnaces were gradually replaced with coal, then fuel oil, natural gas and propane.
- The Industrial Revolution of the 18th and 19th centuries saw many scientists, engineers and others inventing new machines for all kinds of needs. Forced air systems with ducts built through ceilings and floors used electric fans to distribute heat and came on the scene in about 1935, introduced by the Lennox Company.
- HVAC systems (heating, ventilating and air-conditioning) have been around for quite a while. As far back as 1901, Alfred Wolff designed a large system for heating, cooling and humidity control at the New York Stock Exchange. The term "air-conditioning" was not used until Stuart Cramer, a textile engineer from North Carolina, coined the term in 1906.
- Our options for heating today are many. We can have electric forced-air heat; ceiling or floor cable heating; natural gas, oil or propane heating; fireplaces with blowers to push out the heat; fireplace inserts; woodstoves; heat pumps; and more. Most households heat with natural gas, with electricity coming in second, and smaller numbers using fuel oil and propane.
- Thermostats now in homes allow us to program our heat to be as warm or cool as we want at certain times of the day or night. If you stop air leaks around windows and doors that allow cold air to sneak in, the efficiency of your system will be greatly enhanced. But if you really want to save money, set your thermostat low and don some long underwear, a sweater, a hat, some socks and gloves!

continued on next page

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**Strange
BUT TRUE**


- During this election season, it might be good to keep in mind the following sage observation, made beloved humorist Will Rogers: "The American people are generous and will forgive almost any weakness with the exception of stupidity."
- Mountain goats aren't actually goats; they're antelopes.
- Those who study such things say that a mosquito flaps its wings 1,000 times every second.
- If you've ever been to London -- or if you've seen a movie that was set there -- you might remember the iconic black taxicabs that are ubiquitous in that city; the high roofs set them apart from other vehicles on the streets. The headroom offered did once serve a purpose. When the cars were originally designed, top hats were still de rigueur for a properly dressed gentleman, and the

high roofs allowed a man so attired to enter and leave the vehicle without knocking off his hat.

- You might be surprised to learn that some ants can live more than 15 years.
- Yes, there's a name for it. The next time you're opening a bottle of wine, take a moment to consider the spiral part that is inserted into the cork: It's known as a worm.
- Washington is the only U.S. state named for a president.
- Celebrated 19th-century French poet Arthur Rimbaud wrote for only a few short years in his late teens. Despite critical success, he gave up writing when he was 20 years old and spent the rest of his life as a soldier and a merchant.
- In medieval Japan, dentists removed patients' teeth with their bare hands.


Thought for the Day: "Television news is like a lightning flash. It makes a loud noise, lights up everything around it, leaves everything else in darkness and then is suddenly gone." -- Hodding Carter

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**LANDMARKS OF THE WORLD:
THE ARCTIC TUNDRA**

The tundra is “an area where levels of subsoil beneath the surface of the earth are permanently frozen.” There are two types of tundra: the Arctic Tundra and the Alpine Tundra.

- The Arctic Tundra is found near or north of the Arctic Circle around the North Pole. Alpine Tundra is found at many different mountain top locations on earth at altitudes where trees do not grow.
- The Arctic Tundra is located in northern Alaska and Canada, Greenland, northern Russia and parts of the Scandinavian countries of Norway, Sweden and Finland.
- Permafrost is the permanently frozen layer of soil and dead plants that extends about 1,476 feet (450 m) under the surface of the tundra. The average summer temperature is 10 to 20° F (-12 to -6° C). Winter temperatures average -20 to -30° F (-28 to -34° C). In much of the Arctic Tundra, the permafrost is frozen year round, but in the southern areas, the ground above the permafrost will thaw in the short summers allowing perennial plants to grow.
- The sun shines 24 hours a day during the short 50 to 60 day growing season of summer, while winter brings complete darkness. The summer melting forms bogs and shallow lakes, and animal life abounds. Insects and millions of migrating birds feed on the summer bogs and plant growth. The ground refreezes in winter, and the plants go dormant, waiting for the sun and warmth of the next short summer.
- Permafrost doesn't allow for roots of trees to penetrate deep in the earth, so a characteristic of the Arctic Tundra is that it is generally treeless and barren. Just like deserts, tundra areas receive little precipitation.
- Arctic foxes, snow geese, polar bears, gray wolves, caribou (also known as reindeer) and musk-oxen live in the Arctic Tundra. There are also Arctic hares, known by many as “snowshoe rabbits,” lemmings, snowy owls and more. Some mammals and birds actually turn white in the winter and brown in the summer for camouflage. The permafrost of the tundra prevents most animals from hibernating in underground burrows in the winter.
- Grasses, sedges, lichens and willow shrubs make up most of the tundra vegetation. Most of the plants grow very close to the ground because of the drying cold winds. Some of the low plants are called “cushion plants.”

A natural phenomenon that is visible in much of the Arctic Tundra is the “Northern Lights.” Also known as the aurora borealis, the light shows are a result of solar activity interacting with the earth's magnetic fields and solar weather. In the southern hemisphere the light activity is called aurora australis. Unfortunately, these lights are not visible in warm weather when most people would prefer to visit the areas close to the poles.

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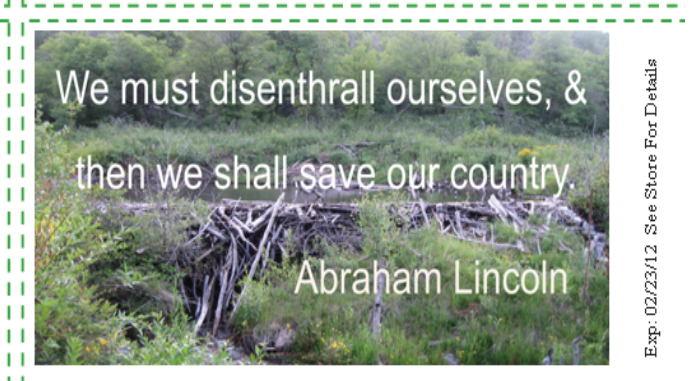
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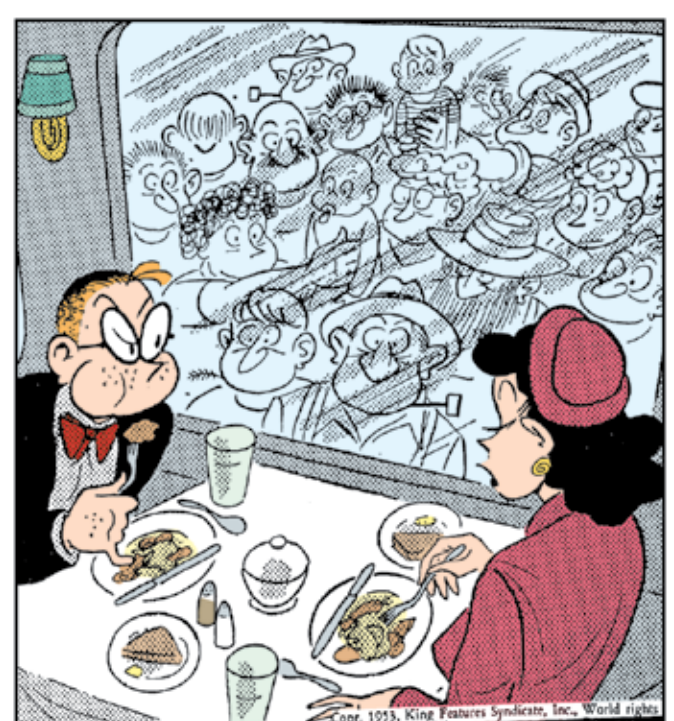
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THIS WEEK'S CELEBRITY BIRTHDAYS

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- Chesley "Sully" Sullenberger 1/23/1951
- Mary Lou Retton 1/24/1968
- Etta James 1/25/1938
- Wayne Gretzky 1/26/1961
- Mikhail Baryshnikov 1/27/1948
- Rick Warren 1/28/1954

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Pat Sheranian has been entertaining radio audiences in Utah Valley for years and is back again, only now she has added live video streaming to her show. Pat and her co-hosts talk about everything from soup to nuts and viewers can join in the conversation via the chat window. Pat's resurgence in the broadcasting field is directly related to her improved health and well-being, thanks to the Kyani products that she now swears by and invites all to try.

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	x		+		17
x		÷		+	
	-		x		27
-		+		+	
	+		+		16
2		10		22	

DIFFICULTY: ★★★
★ Moderate ★★ Difficult ★★★ GO FIGURE!
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Weekly SUDOKU
by Linda Thistle

	3		5					2
		6		9		1		
5					8			6
		7		3				1
6			7			9		
	8		9		2			3
		2			5	8		
	1			8				5
7			4					3

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★★
★ Moderate ★★ Challenging ★★★ HOO BOY!
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HOT SPRINGS

There are 1,600 hot springs in the United States according to a list published by the National Oceanic and Atmospheric Administration (NOAA). Many exist in Canada as well. Let's take a dip in some hot water!

- Hot springs are places where hot groundwater flows out of the earth. The springs form when water seeps through hot volcanic rocks underground, which can heat the water to the boiling point, 212° F (100° C). This heated water, which may contain a variety of minerals, then flows up to the earth's surface.
- The springs vary greatly in size, the amount of water discharged and the minerals present. Many larger springs located in the Rocky Mountains of the United States and Canada are the result of long cracks in sedimentary rock.
- Some mineral springs distinguish themselves from regular "hot springs" by touting the minerals present in their waters. A mineral spring is a spring that contains a reading of 400 parts/million of total dissolved solids.
- Radium Hot Springs in Kootenay National Park in western Alberta was named for the small traces of radon in the water, which makes it the most radioactive spring in North America. The level of radon, however, is too low to make it a health concern. The water is rich in silica, magnesium, sulphate, fluoride, calcium and bicarbonate. The water temperature ranges from 98.4 to 113.9° F (36.9 to 45.5° C) in odorless pools that are surrounded by natural rock walls. Radium Hot Springs boasts Canada's largest mineral pool as well as an 82-foot- (25-m-) long cool pool that even has a diving board.
- Hot Springs National Park, in Hot Springs, Arkansas, is well known for its bathhouses, health spas and hotels built to take advantage of natural underground springs. One of the smallest national parks in the country, it is also one of the most unique.
- Hot Springs became a national site in 1832 to conserve the hot water from 47 springs that originate at Hot Springs Mountain. Mammoth Spring, one of the largest springs in the country, pumps about nine million gallons (34 million liters) of water every hour. People have been using the hot water for therapeutic baths to treat rheumatism and other ailments for more than 200 years.

continued on next page

Laugh a bit with TIDBITS

Q: Where is it always 90° but never hot?
 A: The North and South Poles!



- Q: I have a Pez dispenser of Walt Disney's "Goofy." I purchased it during the 1970s and now would like to sell it -- if the price is right.**
 -- Bill, Palm Coast, Fla.
 A: Your Pez dispenser came in two designs, one with ears that moved, the other with the ears fixed. The swinging ears model generally sells for about \$30, the other \$15 to \$20.
- Q: I have a set of dishes, service for six, acquired during the 1950s. Each piece was available in boxes of Duz soap powder. They are identified as being the "Golden Wheat" pattern, and each is trimmed in 22k gold. Are they worth anything with the gold trim?**
 -- Donna, Lyons, N.Y.
 A: The gold trim contains such a small amount of the precious metal that it doesn't add much to the value. Dishes were popular premiums throughout the 1930s, '40s and '50s and often were found in the containers of oats, cereals and other popular kitchen products. "Dish Nights" at movie theaters also were popular. Between features, lucky ticket holders won dishes and other prizes.
- Q: My family owned and operated a service station in New Mexico during the 1940s. While clearing out a storage locker recently, I found a small collection of gas-station memorabilia, including vintage oil cans, road maps and several interesting old signs. How can I determine if they are worth keeping?**
 -- Carl, Rio Rancho, NM
 A: One of the better references is "Warman's Gas Station Collectibles: Identification and Price Guides" by Mark F. Moran (Krause, \$24.99). Moran's guide features more than 1,800 illustrations in full-color of gas-station cans, bottles, signs, pumps, globes and other related items, in addition to current retail prices. This is a fun book that should be helpful.
- Q: I have a metal ricer and press that was used by my mother during the 1930s. It still has the wooden piece that was used to process or liquefy solid foods, and the original stand. What is it worth?**
 -- Betty, Sun City, Ariz.
 A: Your press with stand and wooden wedging element is valued in the \$15 to \$20 range.



Winter Roof Maintenance

Q: The last time I did an inspection of the outside of my house, I noticed a tree branch hanging over the roof gutter. My neighbor let me into his house upstairs to get a better look, and I saw that it was a fairly large branch. I don't think I can reach it safely as there is too much snow and ice around to climb up there. Should I just leave it until spring? -- Chet C., Portland, Maine

A: It's up to you, really. If it's too dangerous to remove by yourself, contact a professional tree service and get a written estimate of how much it will cost for them to remove the limb. If the cost is too steep, you have the option of leaving it until the snow and ice thaw and then

working with a friend to remove it. But safety should always be a consideration. Even without snow and ice, the limb could be too heavy to move safely, or electrical wires could be nearby, or you may not have a ladder tall enough to access that part of the roof. Also, if the tree limb caused roof damage and a leak, there's little time to lose to clear the roof and fix the leak before more serious damage occurs. In those cases, the tree service is your best option.

HOME TIP: Ice dams forming along your gutters? Poor insulation or ventilation at the eaves may be your problem. An insulation installer can inspect and recommend a solution.

Send your questions or tips to ask@thisisahammer.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

Good Housekeeping Mediterranean Angel Hair

Dotted with savory Mediterranean ingredients like olives, artichokes and Feta cheese, this low-calorie pasta dish is both filling and flavorful.

- 1/2 box uncooked Dreamfields Angel Hair
- 1 tablespoon olive oil
- 5 cloves garlic, chopped
- 2 anchovy filets (optional), mashed
- 1 can (14-ounce) artichoke hearts, drained, halved, patted dry
- 2 cups bell pepper strips (1/4-inch wide, assorted colors)
- 2 tablespoons capers (optional), rinsed and drained
- 1/4 cup pitted Kalamata olives, sliced lengthwise into quarters
- 1/2 cup reduced-sodium, fat free chicken broth
- 1 tablespoon chopped fresh thyme leaves
- 1 tablespoon chopped fresh oregano leaves
- Feta cheese (plain or Mediterranean flavor), crumbled

1. Cook pasta according to package directions. Drain; rinse in cold water or in ice water until completely cooled and drain well.
2. Meanwhile, heat oil in large nonstick skillet over medium heat. Add garlic; stir to coat with oil. Cook about 1 minute to soften, stirring constantly. Stir in anchovies, if desired. Add artichokes; cook 2 to 3 minutes until heated through, stirring occasionally.
3. Add bell peppers and capers, if desired. Cook and stir about 2 minutes until peppers are just crisp-tender. Stir in olives.
4. Add broth and pasta to skillet. Toss and heat through until liquid is absorbed. Stir in thyme and oregano. Sprinkle with feta cheese, as desired. Serves 4.

• Each serving: About 273 calories, 8g total fat (1g saturated), 0mg cholesterol, 650mg sodium, 15g* total carbs, 7g dietary fiber, 8g protein.

*If traditional pasta is used, there is a total of 45g carbohydrate.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.



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top ten

King Crossword

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ACROSS

1	2	3	4	5	6	7	8	9	10	11		
12							13			14		
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18				19			20	21				
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49					50	51			52			
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56												58

- | | | | |
|---|-----------------------------------|-----------------------|----------------------|
| 24 Gulleets | 53 Optimistic | who part | 29 Negligent |
| 27 And so on | 54 Family member | nered with | 30 Knock |
| 32 — Beta | 55 Particular | Burt Baskin | 31 Billboards |
| Kappa | 56 Being, to | 7 Suitor | 36 Sailor's assent |
| 33 Vast expanse | 57 Brutus | 8 Toaster's word | 37 Collection |
| 34 Blue | 58 "Of course" | 9 Cruel | 38 Find not guilty |
| 35 Unrelenting pest | 58 "Piggies" | 10 Medley | 41 Therefore |
| 38 Snakes | DOWN | 11 Into the sunset | 42 Challenge |
| 39 Storm center | 1 Messy guy | 19 Mr. Pacino | 43 Love deity |
| 40 Keyboard abbr. | 2 Mafia bigwig | 21 "Ulalume" | 44 Uncomplicated |
| 42 Take out of context? | 3 MasterCard alternative, briefly | 24 Speedometer stat | 46 "Do — others ..." |
| 45 Small yellow fruit used in preserves | 4 Gathering places | 25 "Caught ya!" | 47 "Zip- — Doo-Dah" |
| 49 Vicinity | 5 Intrepid | 28 Ball-bearing gizmo | 48 — River, NJ |
| 50 "Hail!" | 6 Mr. Robbins | 51 Struggle (for | |
| 52 Loosen | | | |

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Most Mispronounced NYC Restaurants

1. Bice
2. Millesime
3. Nha Trang
4. Oaxaca
5. Sfoglia
6. Sripraphai
7. Txikito
8. Ushiwakimaru
9. Xai Xai
10. Xi'an Famous Foods

Source: Zagat

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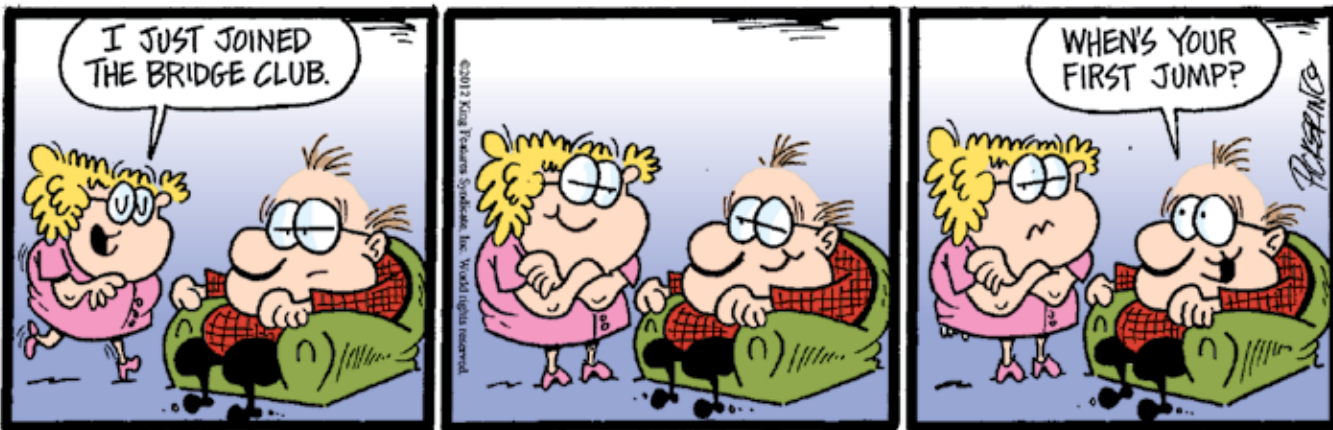
TIDBITS®

NUGGET OF KNOWLEDGE

President and Mrs. Franklin D. Roosevelt (FDR) visited Hot Springs National Park on June 10, 1936, during the Arkansas centennial celebration. They toured the Fordyce Bathhouse. FDR actually never bathed in Hot Springs but did use the therapeutic baths at Warm Springs, Georgia, regularly to relieve his pain from I/ polio.

by Jeff Pickering

The Spats



"Gentlemen, we are gathered here tonight not only to honor a fellow _____, but to get away from our wives."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Pacify	<input type="text"/>	<input type="text"/>
RAMSID	<input type="text"/>	<input type="text"/>
Poise	<input type="text"/>	<input type="text"/>
POBALM	<input type="text"/>	<input type="text"/>
Reach	<input type="text"/>	<input type="text"/>
VARRIE	<input type="text"/>	<input type="text"/>
Grim	<input type="text"/>	<input type="text"/>
BROMES	<input type="text"/>	<input type="text"/>

TODAY'S WORD

KIDBITS

The PERFECT PYRAMID!

THE PERFECT PYRAMID! Cut out the three puzzle pieces in fig. 1 and challenge your friends to arrange them to form a perfect pyramid. The answer to this tricky triangle is shown in fig. 2.

A CLEVER WAGER!

Place 15 toothpicks on the table and challenge your friends to arrange them so that they form eight squares, all of equal size. No square can be formed inside another, and no toothpick can overlap another or be broken. The solution is pictured to the right.

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "WALLET." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. Time limit: 60 seconds.

W		A	M
A			E
L		E	
L		E	

Junior Whirl

by Charles Barry Townsend

1.	A				S
2.		L			M
3.			P		E
4.				H	L
5.				B	A
6.			O		B
7.	R				E
8.	P				T

FIND THE BIG WORDS!

Using the definitions and the anagrams below, you must find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

- DEFINITION:**
1. He had a foot problem.
 2. A cluster of flowers.
 3. Devotees of modern jazz.
 4. Having no pity.
 5. Eccentric people.
 6. An ancient weapon.
 7. A racing fool.
 8. A gradual discontinuation.
- ANAGRAM:**
- case + hill
 - slob + moss
 - rest + ship
 - hurl + sets
 - sold + bald
 - sobs + crow
 - tars + dreg
 - soup + heat

Answers: 1. Achilles. 2. Blossoms. 3. Hipsters. 4. Ruthless. 5. Oodballs. 6. Crossbow. 7. Dragster. 8. Phasout.

"If not now, when?"

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HealthBits™

To Your Good Health
By Paul G. Donohue, M.D.

Inner Ear Often Cause of Dizziness

DEAR DR. DONOHUE: I am 82 and in pretty good health except for a recent problem. During the day everything is fine, but when I lie down to go to sleep, the room starts to spin. It lasts about 10 seconds. Then if I turn my head to look at the clock, the dizziness returns. In the morning when I wake and turn my head again, the room spins. Do I have an inner-ear infection? How can this problem be fixed? -- J.C.

ANSWER: Although I can't give you 100 percent assurance, I can say on solid ground that you have benign positional vertigo, BPH. Vertigo is dizziness. BPH is not an inner-ear infection. It comes on just as you have written, with a change in the position of the head -- lying down, turning to the side or looking up to a cupboard shelf. The attacks are brief but disrupting. Crystals normally found in one part of the inner ear have migrated to another part. Moving the head activates the displaced crystals, and they send a message to the brain that brings on dizziness. The inner ear is not only for hearing; it's also for balance. You can bring the crystals back to their original site through a series of movements called the Epley repositioning maneuvers. Sit on the side of a bed and bend your head to the shoulder on the side that triggers dizziness. Let's make it the right side, so you can follow the instructions. If it's the left, just change the direction. With the head turned to the right, lie down so your head projects off the other side of the bed. When dizziness stops, turn the head to the left side, with the left ear facing down. Next, roll over on your left side so the head faces down for 10 to 15 seconds. Finally, return to the sitting position with your head bent slightly down in front. You might have to repeat the procedure more than twice. If this is too confusing, have your family doctor or an ENT doctor put you through the motions. The booklet on vertigo explains the common causes of it and their treatment. To obtain a copy, write: Dr. Donohue -- No. 801W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Why doesn't the heart ever get cancer? I've never seen this question asked or talked about on TV. Blood feeds tumors, so it makes sense that the heart would be a target. -- C.V.

ANSWER: Tumors do arise in the heart. A somewhat-common benign tumor is a myxoma. It can disrupt the flow of blood through the heart. Malignant cancers, ones that spread and grow rapidly, also arise in the heart. They are quite rare. A rhabdomyosarcoma is a malignant tumor of heart muscle. The blood contained in the heart doesn't feed heart muscle. If it did, we'd never have heart attacks. Heart muscle is nourished by its own arteries. So are heart tumors.

LAFF - A - DAY

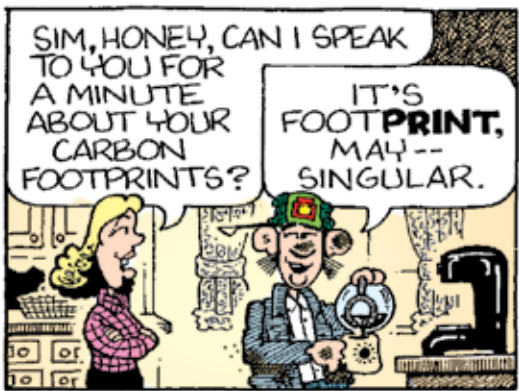
HOT SPRINGS (continued)

- The city of Hot Springs is the only city in America within a national park. Nicknamed "The American Spa," the park includes the area known as "Bathhouse Row," which is a National Historic Landmark District. The park also contains miles of trails, campsites and picnic areas in the surrounding Ouachita Mountains.
- Many hot springs are not developed as destinations but are left for hikers, cross country skiers and horseback riders to explore. For example, northeast of Vancouver, B.C., is Pitt River Hot Springs. Many say it is the best, most pristine hot springs in British Columbia, probably because of the difficult access. The springs have two small pools that are filled by waterfalls overhead, and the icy cold Pitt River flows beside the pools. Two ropes are used to climb down steep rocks to gain access to the hot springs.
- Wherever you live, there are probably some hot springs within a day's drive. Go exploring see what wonders of nature you discover.

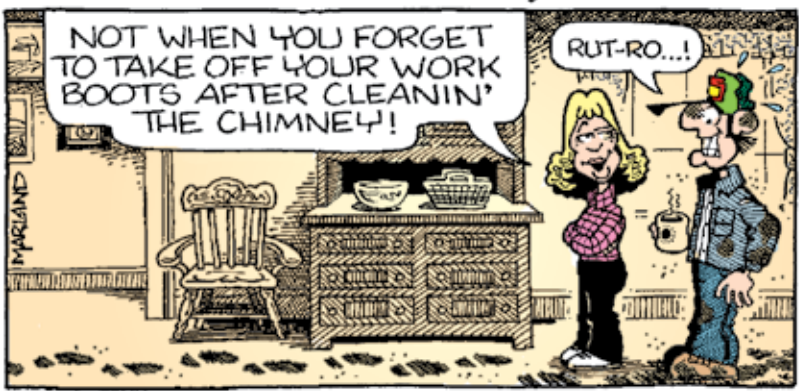
Just Like Cats & Dogs by Dave T. Phipps



R.F.D.



by Mike Marland



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- Holidays & Observances This Week**
- 1/22 National Blonde Brownie Day
 - 1/23 Chinese New Year
 - 1/24 Compliment Day
 - 1/25 Opposite Day
 - 1/26 Australia Day
 - 1/27 Chocolate Cake Day
 - 1/28 Fun at Work Day

Comfort foods
Made fast and healthy
by JoAnna M. Lund

Almond Crunch Coffee Cake

Knowing this special breakfast treat is waiting makes it worth crawling out of a warm bed on a cold winter morn. Prepare it the night before and warm it up in the microwave, and it will be ready before your eyes are wide open!

- 1 1/2 cups reduced-fat baking mix
- Sugar substitute to equal 1/4 cup, suitable for baking
- 2/3 cup fat-free milk
- 2 tablespoons fat-free sour cream
- 1 egg or equivalent in egg substitute
- 1 teaspoon almond extract
- 1/4 cup chopped almonds

1. Preheat oven to 375 F. Spray a 9-inch round cake pan with butter-flavored cooking spray.
2. In a large bowl, combine baking mix and sugar substitute. Add milk, sour cream, egg and almond extract. Mix gently just to combine. Spread batter in prepared cake pan. Evenly sprinkle almonds over top. Lightly spray top with butter-flavored cooking spray.
3. Bake for 20 to 25 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and let set for at least 15 minutes. Cut into 8 wedges.

• Each serving equals: About 124 calories, 4g fat, 4g protein, 18g carb., 285mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fat.

PetBits™ **Animal Advocates**
By Samantha Mazzotta

DEAR PAW'S CORNER: I recently read on your website about a North Carolina county board that wanted to disallow adoptions of certain dog breeds from its shelter. The proposal was defeated thanks to a huge public outcry, but what about other rulings that don't get as much publicity? How do we find out about them, and how can we get enough public support to stop unfair pet laws? -- Jane in Missouri

DEAR JANE: It's great that you're concerned and want to be more active in the area of pet legislation. The North Carolina case was a classic example of legislators (or in this case, a county board) proposing pet laws based upon popular but often inaccurate information, particularly about "bully breeds" (pit bulls, Doberman pinschers, etc). The county board shelved its proposal after receiving tens of thousands of emails and facing a packed house of dog owners, rescuers and other advocates at its board meeting. Getting started can be as simple as an Internet search. Major organizations such as the Humane Society of the United States, the SPCA (Society for the Prevention of Cruelty to Animals) and growing organizations like the No-Kill Advocacy Center are good websites to start with. You often can find local chapters or local advocacy organizations through larger nonprofits' websites. Facing down local legislators is just one facet of animal advocacy. If you want to learn more about protecting pets, pick up "Defending the Defenseless: A Guide to Protecting and Advocating for Pets," by Allie Phillips (Rowman and Littlefield). Phillips is an attorney and animal-rights advocate, and her book is packed with information on ways you can become more active.

Send your questions or tips to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. For more pet care-related advice and information, visit www.pawscorner.com.

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Amber Waves by Dave T. Phipps

VETERANS POST
by Freddy Groves

Arlington Report

In early December, when the Wreaths Across America program put wreaths on graves at Arlington National Cemetery, I flashed back to the ongoing problem of the graves errors at the cemetery: unmarked graves, headstones with no remains, broken urns with scattered remains, graves with more than one person buried in them. The problems, it was thought at the time, could involve upward of 6,000 graves.

Congress demanded that the Army "provide an accounting" of all the gravesites at Arlington. The recently completed report counted (three times) 259,978 gravesites and took digital photos to compare to 510,000 paper records. Of those, 195,748 graves had no discrepancies. But that left 64,230 with errors to be resolved. That's fully one-quarter of the gravesites. Supposedly the "errors" involve misspelling of names and other inconsistencies. How then does that jibe with discovering multiple remains in one grave last year, or the 117 graves with no marker whatsoever, or the 94 markers with no remains?

The report was padded with miscellanea. For example, one narrative went on for three pages citing the problems with the spelling of a Civil War-era wife's name. But it's what happens with those other 64,329 unresolved cases that we want to know about. What about those broken, dumped and scattered urns? And those headstones found dumped in a stream in Section 28 last year -- will they be returned to the proper gravesite? I'm lucky. Each year, in conjunction with the Wreaths Across America program, a friend visits my parents' graves at Arlington. (Yes, they both served.) I get photos back and see instantly that the grave marker is still in good condition -- and that it's still there. I cannot fathom the pain some relatives must feel when they learn that their loved ones aren't buried where they believed they were.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

Moments in time
THE HISTORY CHANNEL

- On Jan. 28, 1855, the Panama Railway, which carried thousands of unruly miners to California via the dense jungles of Central America, dispatches its first train across the Isthmus of Panama. The track went through Panamanian jungle roughly along the route followed by the present-day canal.
- On Jan. 24, 1908, the Boy Scouts movement begins in England with the publication of the first installment of Robert Baden-Powell's Scouting for Boys. In September 1909, 10,000 Scouts showed up at the first national Boy Scout meeting in London.
- On Jan. 27, 1926, John Logie Baird, a Scottish inventor, gives the first public demonstration of a true television system in London. The "televisor" used mechanical rotating disks to scan moving images into electronic impulses, which were transmitted by cable to a screen.
- On Jan. 29, 1936, the U.S. Baseball Hall of Fame in Cooperstown, N.Y., elects its first members: Ty Cobb, Babe Ruth, Honus Wagner, Christy Mathewson and Walter Johnson. The Hall of Fame has elected 296 individuals in all.
- On Jan. 23, 1968, the U.S. intelligence-gathering ship Pueblo is seized by the North Korean navy and charged with spying and violating territorial waters. Negotiations to free the 83-man crew of the U.S. ship took nearly a year. The crewmen reported horrific treatment at the hands of the North Koreans.
- On Jan. 26, 1979, "The Dukes of Hazard," a television comedy about two good-old boys in the rural South and their souped-up 1969 Dodge Charger known as General Lee, debuts on CBS. The show was known for its car chases, stunts and General Lee, which had an orange paint job and a Confederate flag across its roof.
- On Jan. 25, 1980, on arrival at Tokyo's Narita International Airport, Beatle Paul McCartney is found to be carrying nearly half a pound of marijuana in his baggage -- an amount he assured Japanese authorities was intended solely for his personal use. Facing a seven-year prison sentence, McCartney was instead released and quickly deported from Japan.

Dollars and sense

by David Uffington

Buying vs. Renting

Somewhere in the middle of the falling costs of homes and the rising costs of rentals is the tipping point where it becomes more cost effective to buy. Those calculations will vary depending on your location and situation. Buying a home can be a positive step if 1) you are financially stable, 2) you plan to stay in your home for at least five years, and 3) you do your homework first.

Look online at www.bankrate.com and search for the "rent versus buy" calculator. Go through the dozen questions as a place to start to see if you're a good candidate for buying.

Do a "rent ratio" calculation. Take the price of a home similar to one you'd like to buy, and divide that by how much the rent would be for one year. A ratio of 15 or under indicates that buying would be better. High than 20 indicates that renting would be better. For example, if the home you'd like to buy is selling for \$100,000 but would rent for \$850 a month, the calculation becomes \$100,000 divided by \$10,200, which comes to under 10, well within the range where it's smarter to buy. Be sure to add the cost of renter's insurance.

To get a broad-brush picture of whether it's better to rent or buy in your area, check Trulia, the real-estate site that analyzes homes from the national level down to the neighborhood. Go online to Google and put this in the search box: Trulia Insights rent versus buy. The top four links in the list are the ones that will be most helpful. For example, Trulia's research indicates that in 72 percent of buying areas, it's better to buy than rent.

If you buy, remember the standard caveats: Only accept a fixed loan. Don't be lulled by initial lower rates into taking on a mortgage that can increase to an unknown amount in the future.

Know in advance how much the taxes will cost.

Give yourself more of a monthly cushion than the lenders do. If the lender says you can afford a payment of \$1,000 per month, give yourself some breathing room and cap it at \$850. You might need to take on an additional expense down the road, perhaps a vehicle payment.

Salads Tacos Burritos
Huaraches Chimichangas Gorditas
House Specialty: Shrimp Espanadas

Lunch Special - Our Special Daily Entrée
+ Beans + Rice + Drink! Only \$5.99
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WINTER HOURS
M-Th 11:30 - 4:30
F 11:30 - 4:30
S 11:30 - 4:30

Next to the Santaquin Pharmacy 801.754.5378

WORDS WITH MAGIC MAZE ● BIG TEETH AND A LONG TAIL

C R O T A G O R R A J H E C A
R Y O E D A R O T A G A D N I
M O W T V T T R A P R N R Y I
L I T K A A I B G E O O Y R C
B Z T (A G G R E G A T O R) O R
X W U I G O I S R A A I O T O
P O M M G I L V G J G I T A T
G U E A D A T I A A E B A G A
F A T Y X W T S T N L U G R G
T O S Q P I O O A N E L E U A
R K J H L G R F R C D D N P V

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|------------|-----------|-----------|-----------|
| Abrogator | Delegator | Legator | Negatory |
| Aggregator | Fumigator | Litigator | Purgatory |
| Arrogator | Indagator | Mitigator | Vagator |
| Castigator | Irrigator | Navigator | |

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"A Night on Broadway"

Payson High School Auditorium - 1050 So Main

SAT Feb 4 at 7:00 P

RESTORATION OF THE HUISH THEATER FUNDRAISER
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855 East 100 North	Nephi	(435) 623-0300

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PERFORMING ARTS AND CULTURAL EDUCATION CENTER

Spanish Fork Community

The Spanish Fork City website offers information and online services for departments, community services, and more.

www.spanishfork.org/dept/parkrec/sports/ Spanish Fork City Logo, Home · E-Services · Applications & Forms

www.spanishfork.org/online/services/employment/ Spanish Fork City Employment

www.spanishfork.org/dept/pubworks/utilities/ Spanish Fork City Public Utilities

www.spanishfork.org/dept/library/ The Spanish Fork Public Library welcomes you

www.spanishfork.org/dept/parkrec/ provide youth and adult activities

Info on more activities are available at www.spanishfork.org

Springville News

Zion Theatre Company at the Little Brown Theatre 248 South Main Street

Presents: January 27 - "Evening Eucalyptus" at 7 PM
January 28 - "A Roof Overhead" at 7 PM

find us at ziontheatrecompany.com

Payson News

Visit our website for valuable Coupons and Updates at: paysoncitychamber.com

Business of The Month of January 2012
Temkin International, Danny Temkin
213 South Temkin Way, Payson,
temkininternational.com

January 2012

Tues. Jan. 24: 7:00 pm, Payson Mayor Rick Moore's State Of The City Address
Payson Banquet Hall, 439 W. Utah Ave. Payson

Fri. Sat. 7:00 pm "A Night Of Light Opera" Lion's Club fundraiser/eye care for
Jan. 27, 28: needy Nebo School District Kids Payson Community Banquet Hall,
439 W. Utah Ave. Payson, Steve Southwick, 801.822.1705

February

Sat. Feb. 4th: 7:00 pm, "Night On Broadway", Payson High Auditorium 1050 S. Main - Historic Huish Theatre of the Performing Arts Renovation Concert
\$5.00 at door. Norene Jensen 801.636.1040 paysoncommunitytheatre.com

For more information and to join/renew membership with Payson Area Chamber of Commerce, please contact Carolyn Bowman, 801.465.2634, paysonchamber@yahoo.com; Norene Jensen, 801.636.1040, norene.invests@yahoo.com

Pleasant Grove News

Contact Info : Kathy Kresser 801-785-5045 Email : kkresser@pgcity.org

Wednesday, January 25, 2012 - Curbside Recycle Pickup Day North Route (All Day)

Tuesday, January 31, 2012 - City Council Work Session Meeting (6:00 pm - 7:00 pm)

ANSWERS

- ### SPORTS QUIZ
- Nate Colbert, with 163.
 - Six -- Jeff Burroughs (1974), Juan Gonzalez ('96, '98), Ivan Rodriguez ('99), Alex Rodriguez (2003) and Josh Hamilton ('10).
 - It was 1941.
 - Three -- 1999, 2004 and 2011.
 - Jaroslav Jirik, with St. Louis in the 1969-70 season.
 - The Columbus Crew, in 2008.
 - Zenyatta and Peppers Pride.

King Crossword

Answers
Solution time: 25 mins.

S	C	A	M	F	I	B	P	R	O	W		
L	A	M	E	R	E	R	R	U	L	E		
O	P	E	C	A	V	A	O	T	I	S		
B	O	X	C	A	R	L	U	P	S	H	O	T
			A	L	L	O	I	L				
M	A	W	S	E	T	C	E	T	E	R	A	
P	H	I	S	E	A	S	A	D				
H	A	R	A	S	S	E	A	S	P	S		
			E	Y	E		E	S	C			
D	E	L	E	T	E	L	O	Q	U	A	T	
A	R	E	A	A	V	E	U	N	D	O		
R	O	S	Y	S	I	S	I	T	E	M		
E	S	S	E	Y	E	S	T	O	E	S		

Weekly SUDOKU

Answer

9	3	1	5	6	7	4	2	8
8	2	6	3	9	4	1	5	7
5	7	4	2	1	8	3	9	6
2	9	7	8	3	6	5	1	4
6	4	3	7	5	1	9	8	2
1	8	5	9	4	2	7	6	3
3	6	2	1	7	5	8	4	9
4	1	9	6	8	3	2	7	5
7	5	8	4	2	9	6	3	1

Go Figure!

answers

1	x	9	+	8	17
x		÷		+	
6	-	3	x	9	27
-		+		+	
4	+	7	+	5	16
2		10		22	

Trivia test

- Martin Sheen
- The Miracles
- Ben Franklin
- A fear of poverty
- "The Merchant of Venice"
- Korean
- 1901
- About 28 feet
- William James
- February (Februa)

WORD POWER
ANSWER
VENTILATION

SCRAMBLERS
solution
1. Disarm; 2. Aplomb;
3. Arrive; 4. Somber

Today's Word:
MEMBER